

Below you will find helpful information and links on the H1N1 Flu, also known as Swine Flu. This webpage and the resources below will be updated daily.

If you have any questions feel free to contact Congressman Larson's Office at 860-278-8888 or the Centers for Disease Control and Prevention (CDC) at 1-800-CDC-INFO.

Quick Facts on How to Stay Healthy

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue out after using it.
- Wash your hands frequently with soap and water, especially after you cough or sneeze. Alcohol-based sanitizers are also acceptable.
- Avoid touching your eyes, nose, or mouth, as this is the way germs spread
- Avoid close contact with sick people as the flu is spread mainly person-to-person by coughing and sneezing
- If you get sick, the CDC recommends staying home from work or school and limit interaction with others.



[Centers for Disease Control and Prevention \(CDC \)](#)

[General Information about H1N1 Influenza](#)

[Frequently Asked Questions \(English\)](#)

[Frequently Asked Questions \(Spanish\)](#)

U.S. Department of Health and Human Services (HHS)

[Pandemicflu.gov](http://pandemicflu.gov) - One-stop access to U.S. Government H1N1, avian and pandemic flu information

World Health Organization (WHO)

[H1N1 Flu Website](#)

[Epidemic and Pandemic Alert and Response-Current WHO Phase Pandemic Alert](#)